

# Nutrition Advisory Committee of Dutchess County

Meeting Minutes – Thursday, May 20, 2010

*In Attendance: Christine Sergent, Shayna Russo, Joy Weber-Maass, Cheryl Hearty (CCEDC); Kathy Bell (Astor ECP), Susan Grove (PFP), Diane Ruffin (Beulah Baptist Church), Pat Brown (OFA), Rachel Ambroziack (CFD), Joy Gooden (DC Board of Health)*

## **Program Sharing and Announcements:**

Diane Ruffin from Beulah Baptist Church has announced that they are willing to be an open Summer Feeding Site this year. They have a few details to work out with Al Muhlnickel from Poughkeepsie City Schools before it can be publicly announced.

Beulah Baptist Church would also like to have an all Vegan Meal and asked for suggestions as to who may be able to help. They would either like someone come in and prepare the whole meal or give advice to volunteers on how to prepare it. They expect to feed about 300-500 meals.

Christine Sergent announced that the RAPP Picnic will take place on **July 26<sup>th</sup> from 3:00-6:00 p.m.** at Bowdoin Park in Poughkeepsie. Please go to our website and Facebook to get a list of all of our planned events and workshops.

Christine Sergent also updated the Council on plans to remodel the FPC in the next 5-10 years. The FPC is planning on moving walls, adding a loading dock and a general remodel of the building. They plan on having the 1<sup>st</sup> floor open to the general public and the 2<sup>nd</sup> and 3<sup>rd</sup> floor for private business use.

Kathy Bell announced that Astor Services for Children and Services has been awarded a mini-grant to hold two parenting workshops that will take place at the Mid-Hudson Children's Museum pavilion. The two parenting workshops will take place on **June 3<sup>rd</sup> and 16<sup>th</sup> from 10:00-12:00 noon**. They are for parents for children from 0-5 yrs old. Please contact them for more information and to register.

Shayna made an announcement for Nina. Nina had information on World Elder Abuse Awareness Day 2010 that will take place on June 15<sup>th</sup> at The Manor at Woodside, 168 Academy Street, Poughkeepsie from 8:45-12:00 p.m. It is free and open to the public. Please call 471-7213 to register.

Susan Grove announced that PFP will have a ribbon cutting on **Saturday, June 4<sup>th</sup> at 12 Noon**. PFP will also have a Plant & Seed Sale from 9:00-12:00. The Poughkeepsie Farmer's Market will open for the season at 10:00. The Falkill Partnership Community Garden will open from 11:00-1:00 behind the FPC. There is also a free workshop at 1:00 on compost, mulch, and feeding your soil. You can go the PFP website for more information ([www.farmproject.org](http://www.farmproject.org)).

Sadly for us... but great for her, Sue Boe has retired from Child Care Council... We will be hoping to have someone represent CCC at the next meeting

## **Follow-up actions from last meeting:**

- Pat Brown the redemption rate for (FMNP) Farmer's Markets Nutrition Coupons for 2009 is 85.28% (approx. 76% for 2008). The coupons entitle seniors to \$20.00 worth of free fresh fruit and vegetables at the following Farmer's Markets:
  - Arlington Farmer's Market, Collegetown & Raymond Ave, Poughkeepsie, Thursdays, 3:00-7:00

- Beacon Farmer's Market, Beacon/Metro North Train Station, Beacon, Year Round, 10:00-4:00
  - Poughkeepsie Farmer's Market, Main & Market Street, Poughkeepsie, Fridays, 10:00-3:00
  - Fishkill Farmer's Market, Grand Union Parking Lot, Fishkill, Thursdays, 9:00-4:00
  - Hyde Park Farmer's Market, Route 9 Town Hall Parking Lot, Hyde Park, Saturdays, 9:00-2:00
- Pat Brown talked about the DC Office for the Aging Senior Picnics (they will have 19 total) usually held Wednesdays, must be 60+ to attend, must call DCOFA to register, free to Seniors. People must live in the town where the picnic is being held. Pat said that approx 300-400 people attend each (approx. 6,000 people attend by end of summer). The first one will be held in Hyde Park on June 2nd. CCEDC and PFP will share table space at the Poughkeepsie (Waryas Park) to provide information on their programs. See attached schedule
  - Food donation Pyramid will be updated slightly and distribute to NAC Council. See attachment
  - Shayna Russo – The **Food Stamp brochure** was updated with local agency information on the back. Everyone was given a copy... **PLEASE NOTE A TYPO "North Easy" (oops)....** An updated version is attached! CCEDC will inquire about getting color copies made.
  - Shayna has had no return communication with Rico from the Culinary Institute of America. So we have no updates and no rescheduled date.

## **New Business:**

FSNEP In-Kind Letters - Christine spoke to the council about the FSNEP In-Kind Letters and why we need them. Anytime those members volunteer their time to our programs it can be submitted as match funds towards our funding. We are asking each qualified member sign this letter. It was agreed that the members of NAC volunteer 3 hrs of their time each month (11 meetings @ year).

Community Gardens - Cheryl Hearty and Susan Grove spoke about the Fishkill Partnership Community Gardens. Cheryl spoke about the history of the garden. Plot sizes and amounts are 10' x 10' = \$15 or 10' x 20' = \$25. CCEDC Master Gardeners will provide educational support for garden participants. Cheryl passed around a "Community Gardening – How To Guide". A PDF of the guide is attached and you can learn more at [www.communitygarden.org](http://www.communitygarden.org) Susan and Cheryl discussed some important points on how to start and keep community interest in their garden.

Summer Feeding Program – Al M (Poughkeepsie Food Service) was not present to discuss any updates. As mentioned previously, Beulah Baptist Church may be an open site this year. We will ask Al will give an update at the next meeting. The Summer Feeding program will run from July 5 through August 27. We hope to have the kickoff at the FPC again this summer. We are still waiting for a response from the Great American Bake Sale Grant. This grant would help us with advertising, signage and promotion of the Summer Feeding Program.

EWPH - The Physical Activity Needs Assessment is being distributed to the interested schools and organizations by the end of May. At the schools it will be distributed to 1<sup>st</sup> (Parents only), 4<sup>th</sup>, 7<sup>th</sup> and 10<sup>th</sup> grades. We will get the completed assessment back from the schools by the middle of June. Attached are copies of the survey.

## **Updates:**

**Capacity Building Initiative** – No update

**Food Stamp Nutrition Education Program** – The plan is due June 18<sup>th</sup>

*NAC is a committee of Dutchess County community and organization representatives brought together with support from Cornell Cooperative Extension Dutchess County, Eat Smart New York!, Cornell University, NYS Department of Health Eat Well Play Hard, and the County of Dutchess. CCEDC provides equal programs and employment opportunities. The programs provided by this agency are partially funded by monies received from the County of Dutchess. Please contact the Cornell Cooperative Extension Dutchess County office if you have any special needs.*

**PFP/Farmers' Market** – Any updates were given during Program Sharing. The list of Farmers Markets was sent out last month.

**Agriculture –**

**Hunger Action Network** – Veda is leaving and her replacement is On a sad note... Veda Myers has left the Hunger Action Network to pursue her t shirt printing business and a new person has replaced her. The new contact at the HAN is Liz Gilbert, who will take over the food stamp hotline. Her number is 212-741-8192 ex. 3# or [lgilbert@hungeractionnys.org](mailto:lgilbert@hungeractionnys.org)

**Follow-up actions for next meeting:**

- Grant updates**
- Printing of Food Stamp Screening Brochures**
- Shayna will reach out to AI to discuss Summer Feeding**

**Next Meeting: June 17<sup>th</sup>, 2010**

**Schedule:**

July 15<sup>th</sup>

August 19<sup>th</sup>

September 16<sup>th</sup>

October 21<sup>st</sup>

November 18<sup>th</sup>

(No meeting in December)